

Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

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www.FrederickCountyMD.gov/seniorservices Facebook: [Urbana Senior Center – Frederick County, MD](#)

October Program Highlights

Tasty Tuesday: Celebrating Good Food

Hispanic Heritage Month

Learn how to make some delicious Hispanic dishes. This is a joint program with the library. Everyone is welcome!

Date: Tuesday, October 9

Time: 6:00 p.m. **Cost:** Free

Herb Gardening

Learn all about herbs and how to grow them! Don Ludke will be the presenter.

Date: Wednesday, October 17

Time: 1:00 p.m. **Cost:** Free

The Inside Scoop: Medical Cannabis

Dr. Craig Hauser, who oversees Kannavis: A Premier Medical Cannabis Dispensary, will discuss the medicinal benefits of cannabis and how it might impact the aging process both physically and mentally.

Date: Tuesday, October 16

Time: 6:00 p.m. **Cost:** Free

Optional Fried Chicken Supper, 5:15 p.m.

\$5.00 person, reservations required

Lunch with Nurse Steve:

"Take 2 Jokes, and

Call Me in the Morning"

Nurse Steve's talk will be "a discussion (and scientific evidence) on the importance of humor in healing and health."

Menu: Ham & Swiss Sandwich, Greek Style Salad, Steamed Carrots, Diced Peaches, Dessert

Date: Thursday, October 11

Sign-up by Wednesday, October 3

Time: Noon **Cost:** \$5.00 (regular meal cost)

Nurse Steve's talk at 12:30 p.m. is free.

Oktoberfest Luncheon

Celebrate October with lunch and activities at the senior center. Menu includes bratwurst, braised red cabbage, mashed potatoes, Waldorf salad, cake, cider

Date: Tuesday, October 16

Sign-up by Monday, October 8

Time: Noon **Cost:** \$5.00 (Regular meal cost)

Baked Potato Bar &

Halloween Bingo

Celebrate Halloween with lunch and bingo.

Bring a Halloween related-bingo prize (don't spend more than a dollar!). Special prize for everyone who wears a Halloween costume.

Menu includes baked potato, chili con carne, spinach salad, grape tomatoes, applesauce, and dessert.

Date: Wednesday, October 31

Sign-up by Tuesday, October 23

Making the most of your medicines

Maryland Access Point (MAP) provides information and assistance to area residents.

Date: Wednesday, October 10

Time: 11:30 a.m. **Cost:** Free

Ambulance Subscription Service

Have your questions about Frederick County's Ambulance Subscription Service answered!

Date: Thursday, October 18

Time: 11:30 a.m. **Cost:** Free

Movie Matinee: Thursday, Oct. 18, 1:00 p.m.

"The Sixth Sense"

Book Club: Monday, Oct. 1, 1:15 p.m.

"The Woods" by Harlen Coben

Supper Club: Tuesday, Oct. 2, 5:00 p.m.

Old Dominion Grill & Sushi

(see other side for calendar of activities)